

## NAMI Family Member Story

2 min.

Hi my name is Michael Parks, from Bozeman, Montana and a member of NAMI (National Alliance on Mental Illness) of Montana, part of America's largest mental health organizations. I also am a client of the Gallatin Montana Mental Health Center.

As a person that lives with major depression, anxiety disorder, PTSD, and social agoraphobia, I like to share my story with you.

I was married with one daughter, served in the military, and had a successful career in nursing and I would never think I would ever experience a mental illness, but I did.

One day I found myself at Montana State Hospital for a suicide attempt, after a significant stay there I experienced numerous episodes of depression which landed me in a residential inpatient treatment home (Hope House) to manage my symptoms, at this point I lost everything. This is where I became a client at the Gallatin Mental Health Center. The Center provided me with medication management, crisis stabilization, case management, therapy and outpatient services. Through years and years of mental health stabilization I was able to experience hope again..

Today I am proud to be volunteering at the Gallatin mental health drop in center and Bozeman Deaconess Hospital I am getting back on track and life is so happier now thanks to the Western Montana Mental Health, Gallatin Mental Health Center, Hope House, NAMI and Mental Health America.

Suicide is the tenth leading cause of death in our country, but most people with mental illness are not getting the help they need. A strong mental health system will help more people get the right care at the right time.

I am here today to ask of you to keep the funding for programs like the ones listed above. It is programs like these that bring Hope and life to myself and many others. Without your help, mental illness will continue to be a problem for thousands, and they will never experience a new outlook on life.

Thank You for meeting with me and listening to my story. Can I count on you to protect mental Health services- and give families the hope of recovery?